

New York

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)

<p style="text-align: center;">The Epidemic</p> <p>57% of New York State adults are overweight or obese. (CDC BRFSS, 2002)</p> <p>19% of non-Hispanic white adults, 32% of non-Hispanic black adults, and 20% of Hispanic adults in New York State are obese. (CDC BRFSS, 2002)</p> <p>28% of New York high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2003)</p> <p>33% of low-income children between 2 and 5 years of age in New York State overweight or at risk of becoming overweight. (CDC PedNSS, 2002)</p>	<p style="text-align: center;">Program Priorities</p> <p>A Physical Activity and Nutrition Steering Committee (PAN) is guiding development of the Comprehensive State Obesity Prevention Plan. Work groups have been formed to focus on five different elements of the plan:</p> <ul style="list-style-type: none"> ➤ Perinatal Weight Gain and Breast-feeding ➤ Physical Activity and TV Viewing ➤ Fruits and Vegetables ➤ Other Dietary Determinants <p>In 2004, the legislature created a Childhood Obesity Prevention Program; components include</p> <ul style="list-style-type: none"> ➤ Media health promotion. ➤ School- and community-based nutrition and physical activity programs. ➤ Obesity prevention strategies in food aid, health, education, and recreation programs. ➤ Meetings of experts to examine societal-based solutions to obesity. ➤ Training programs for health professionals.
<p style="text-align: center;">Recent Accomplishments and Products</p> <ul style="list-style-type: none"> ➤ Began a child health and fitness study to improve nutrition and physical activity in childcare settings. ➤ Formed a program steering committee. ➤ Held 15 community forums on priorities. ➤ Formed a leadership team to coordinate obesity-related activities across DOH programs. ➤ Conducted a resource inventory of organizations/agencies involved in obesity prevention activities. 	<p style="text-align: center;">Upcoming Events and Products</p> <ul style="list-style-type: none"> ➤ A state plan for obesity prevention ➤ A survey of 3rd grade children outside New York City to assess weight-related indicators ➤ Focus groups with parents and guardians and child care staff to develop a questionnaire to assess nutrition and physical activity knowledge, attitudes & behaviors ➤ Sports, Play, and Active Recreation for Kids (SPARK) training of Head Start staff
<p style="text-align: center;">New Partners</p> <p>American Academy of Family Physicians American Academy of Pediatrics American Cancer Society American Dairy Council & Dairy Association, Inc. Business Council of New York State Cornell University Cooperative Extension Institute for Urban Health Medical Society of the State of New York New York State Association of Health, Physical Education, Recreation, and Dance New York State Department of Education New York State Physical Activity Coalition Rochester Primary Care Network Statewide Center for Healthy Schools SUNY Albany School of Public Health SUNY Stonybrook Dietetic Internship Program United Health Services Hospital Univ. at Buffalo Dept. of Social & Preventive Medicine University of Rochester School of Medicine Westchester/Rockland/Putnam Lactation Consortium</p>	<p style="text-align: center;">Project Period: 2003-2008 Year First Funded: 2003 Funding Stage: Capacity Building Contact Person: Kyle Restina Program Coordinator New York State Department of Health Telephone: 518-408-6683 Fax: 518-474-3356 E-mail: krr01@health.state.ny.us</p>

